The Exercise Science Program is an excellent preparatory field of study for numerous certifications including the American College of Sports Medicine Certified Health Fitness Specialist, the National Strength and Conditioning Association’s Certification for Strength and Conditioning Specialist, and the Aerobic and Personal Training Certifications including American Council on Exercise (ACE), Aerobic and Fitness Association of America, (AFAA) and the National Academy of Sports Medicine (NASM).

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The Department of Physical Education, Wellness, and Sport hopes to instill in its student majors a lifetime desire to help others gain in total health through the medium of human movement. Curriculum is designed accordingly. For the entire student body, our task is to introduce them to knowledge and skills in order to develop a healthy lifestyle for optimum living. The Department believes physical education to be that part of the total educational program which adds its unique contribution through the medium of activity or movement. The Department emphasizes the acquisition of motor skills as of value for lifetime physical recreation activities, the development of socially desirable habits and attitudes, and knowledge, which contribute to the overall aims of education.